

# Contact Outside Therapy: A Summary

## NON-CLIENT-RELATED REASONS:

- Contact with a team or other colleague about the general work of counsellors and psychotherapists
- Undertaking presentations about counselling or psychotherapy or particular aspects of the work
- Offering training workshops around particular presenting issues, such as anxiety, depression or trauma
- Attending conferences and seminars about counselling and psychotherapy
- Being a member of a committee or organisation to do with counselling or psychotherapy
- Presenting information – written or verbal – for external sources (e.g., offering a perspective on a particular issue for the media).

## CLIENT-SPECIFIC REASONS:

- Needing to refer a client to their GP or for a specific service
- Consulting others about a client's problem
- Providing a report for a third party about a client (e.g., an employer, if working for an EAP)
- Providing evidence to a court
- Writing reports or letters about clients (e.g., a letter outlining mitigating circumstances in an education setting)
- Contacting a client's family to answer questions or provide information
- Being asked to attend a case conference or case discussion meeting.